



### Senior Lunch Menu - January 2013

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Closed For The Holiday</b>	<u><b>New Year Celebration!</b></u> Roast Pork W/ Fruit Glaze Whipped Sweet Potatoes Green Beans Applesauce Wheat Roll & Margarine Spice Cake with Cream Cheese Frosting	Meat Loaf W/ Brown Gravy Mashed Potatoes Broccoli Florets Wheat Bread Seasonal Fresh Fruit	California Casserole W/ Chicken & Egg Noodles Spinach Salad with Oil & Vinegar Dressing Wheat Bread Ice Cream Orange Juice
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Holly Farm Chicken Seasoned Couscous Peas & Carrots Wheat Bread & Margarine Mandarin Oranges	Vegetable Soup & Crackers Garden Lasagna Green Salad with Raspberry Dressing Wheat Bread Chilled Pineapple Tidbits	Tortilla Soup w/ Chips Chicken Fajita with Fajita Vegetables Black Beans Flour Tortilla Melons	Spaghetti & Sausage Sauce Parmesan Cheese Caesar Salad with Caesar Dressing Sourdough Roll Banana Pudding Assorted Juice	Hawaiian Meatballs Pineapple Rice Japanese Blend Vegetables Wheat Bread 50/50 Orange Whip
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Salisbury Steak with Gravy Mashed Potatoes Broccoli Wheat Bread Pineapple Cake W/ Whip Topping	Chicken with Plum Sauce Jasmine Rice Oregon Blend Medley Wheat Bread Seasonal Fresh Fruit	Tuna Noodle Casserole 4 Way Salad Mix with Ranch Dressing, Green Beans, Wheat Bread Apple Crisp	Split Pea Soup w / Crackers Chicken Salad Sandwich on Wheat Bun, Cucumber & Tomato Salad with Ranch Dressing Fresh Fruit	Beef Tamale Spanish Rice Green Salad W/ 1,000 Island Dressing Fruited Gelatin Juice
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<u><b>MLK Celebration!</b></u> BBQ Chicken Sandwich on Wheat Bun Black Eye Peas Collard Green Fruit Pie	Roast Turkey & Gravy Mashed Potatoes Cranberry Sauce Green Beans with Almonds Wheat Bread Fresh Fruit	Sliced Pork W/ Ginger Sauce White Rice Oriental Blend Hawaiian Roll & Margarine Lemon Pudding	<u><b>Birthday Celebration</b></u> Baked Ziti Italian Blend Vegetable Green Salad With Italian Dressing Wheat Bread Pineapple Chunks	Baked Ham W/ Fruit Glaze Yams & Marshmallows Peas & Onions Wheat Bread & Margarine Mandarin Oranges
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Homemade Beef Stew Winter Blend Mix 3 Way Salad Mix W/ Ranch Dressing Cornbread Muffin & Margarine Diced Apples	Corn Chowder Soup w / Crackers Breaded Pollack Fish W/Tartar Sauce Tomato & Onion Salad Wheat Bread Fresh Fruit	Roast Beef & Mushroom Gravy Mashed Potatoes CA Blend Vegetables Wheat Bread & Margarine Chilled Purple Plums	Pork Chili Verde Spanish Rice Pinto Beans Flour Tortilla Vanilla Pudding Pineapple Juice	

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Indicates sodium content over 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls